



## WINTER SAFETY REMINDERS!

With winter just around the corner, we want to start thinking about winter hazards and preventative measures to stay safe this season!

### PREVENTING SLIPS AND TRIPS ON ICE

- Walk slowly, take smaller steps, and watch where you're walking.
- Have arms extended to your side and feet pointed slightly outward for balance.
- Wear footwear with slip-resistant soles and good treads.
- **Use 3 points of contact when mounting / dismounting from vehicles & trucks.**
- Watch for slippery floors when entering buildings.



### WINTER DRIVING TIPS

- **Check road conditions** and allow extra time to get to your destination.
- **Keep headlights on** to increase the visibility of the road and your vehicle.
- **Be extra cautious on bridges** & entrance / exit ramps as black ice forms there first.
- **Accelerate / decelerate gradually** and start breaking early.
- **Slow down**, the speed limit is often too fast for snow covered or icy road conditions.
- **Increase your following distance** to allow yourself a safe reaction time.
- **Stock vehicles with emergency supplies** (flashlight, sand, shovel, phone charger, rope, water, snacks, window scraper, extra clothing, road flares, blanket, first aid kit etc.)



### PREVENTING COLD STRESS

- Dress for the weather with several layers of loose clothing for better insulation.
- Protect your head, ears, face, hands, and feet in extremely cold weather.
- Take breaks in warm areas to warm up your body if working in cold environments.
- Stay hydrated during physical activity, warm liquids are preferred if working in the cold.
- Include chemical hot packs in your first aid kit and pack an extra set of warm clothing.

